



National Nutrient Database for Standard Reference  
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Statistics Report 09096, Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	90.76	37	0.070	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	32	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	134	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Protein	g	0.42	12	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.05	9	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.26	13	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	8.51	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	1.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Sugars, total	g	7.51	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
<strong>Minerals</strong>													
Calcium, Ca	mg	5	10	0.142	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.25	13	0.028	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	7	10	0.194	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	11	10	0.327	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	94	31	2.127	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	4	31	0.348	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.09	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.071	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.150	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Selenium, Se	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	2.1	37	0.116	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.016	10	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.011	10	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.363	13	0.022	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.052	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Folate, DFE	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Choline, total	mg	3.7	--	--	--	--	--	--	--	--	Calculated or imputed	09100	01/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	126	--	--	--	--	--	--	--	--	Calculated or imputed	09351	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09351	01/2003
Cryptoxanthin, beta	µg	48	--	--	--	--	--	--	--	--	Calculated or imputed	09351	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	250	12	16.749	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09100	01/2003
Lutein + zeaxanthin	µg	75	--	--	--	--	--	--	--	--	Calculated or imputed	09100	01/2003
Vitamin E (alpha-tocopherol)	mg	0.40	--	--	--	--	--	--	--	--	Calculated or imputed	09100	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	2.6	--	--	--	--	--	--	--	--	Calculated or imputed	09100	01/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:1 undifferentiated	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003